

### NCTS Sicily wins Navy CITE awards

Two years ago, Commander, Naval Network Warfare and Space Operations Command instituted the Communications Information Technology Excellence Awards to Naval Computer and Telecommunications Area Master Stations, Naval Computer and Telecommunications Stations, and NCTS Detachments throughout the Navy. This was to recognize commands who have demonstrated a high degree of professionalism and expertise in meeting their 24 hour and 7 days a week command and control, computers, communications, and intelligence (C4I) mission.

These CITE Awards are further separated into three competitive categories: Green "C", Gold "IT", and RED "E." These three mission areas provide distinctive and exceptional communications abilities in the Communications (C), Information Technology (IT), and Electronics maintenance (E) excellence categories.

For 2002, NCTS Sicily was recognized by winning the top awards in all three competitive categories. Adm. Gregory C. Johnson, Commander U.S. Navy Europe, stated in his recent message to NCTS Sicily that, "there is no doubt the competition was intense during this competitive cycle, but your clean sweep as CITE award winners is well earned recognition for your standout performance in communications global networks, and information technology and is further reflected by the superb service you provide your customers in the [Navy Europe area of operations.]"

Cmdr. Nancy King-Williams, Commanding Officer, NCTS Sicily, remarked to COMSTA personnel "We are the proud recipients of three [commander, naval network warfare and space operations command] awards for 2002. This is quite an accomplishment, but I'm not surprised, because of your teamwork across all departments, your individual professionalism and commitment to mission accomplishment. Well done."

### Sigonellan wins Federal Engineer of the Year

By AN Michelle Watkins  
Signature Staff

With the recapitalization project going on at Sigonella there are a lot of construction projects to manage. That's where the Resident Officer in Charge of Construction comes in. But when Lt. Cmdr. Leaf Ballast joined the Navy 11 years ago he never expected to win an award for doing his job, he simply had a desire to serve his country.

"I joined the Navy because of the great benefits, eligibility for registration as a professional engineer, and because of the fully funded graduate school program. It is a unique way to serve my country and gain leadership experience that you would not get in the civilian sector."

Recently, Ballast was named Federal Engineer of the Year for engineering Field Activity, Mediterranean area and it took a great deal of time and effort on his part to earn this award. Cmdr. Steve Bertolaccini, Resident Officer in Charge of Construction said "Ballast's performance as engineer and leader helped enhance the operational readiness of both the Navy and Sigonella; by delivering high quality facilities on schedule. His partnering skills coupled with technical knowledge and problem-solving capabilities helped him win the Federal Engineer of the Year Award.

Ballast is the Lead Assistant Resident Officer in Charge of Construction for NAS II. His job is to make sure that construction is on schedule. **Engineer, page 6**

**Hometown Weather**  
AN Carnesha Lyon, AIMD  
Chicago, IL



**High 44° F - Low 23° F**  
Chance of showers

### TSC Change of Charge

By CTA2 Carole Adsit  
TSC Public Affairs

Tactical Support Center Sigonella held its change of charge Feb. 14. The guest speaker was Rear Adm. Michael L. Holmes, Commander, Fleet Air Mediterranean; Commander, Maritime Surveillance and Reconnaissance Forces, U.S. Sixth Fleet; Commander, Naval Surface Group Mediterranean; and Commander, Maritime Air Allied Naval Forces South.

The ceremony culminated with the traditional reading of the Officer In Charge's orders and the passing of charge to the new OIC, Lt. Cmdr. Gary L. Deal. Families, friends and the entire command were present to congratulate Deal and bid farewell to their former OIC, Cmdr. David S. Neely.

Neely's time as OIC was marked by several TSC firsts and by exemplary operational achievements. Under the guidance and leadership of Neely, TSC participated in numerous exercises and operations including Operation Eduring Freedom, Operation Joint Forge, Operation Joint Guard, Exercises Neo-Tapon, Iron Hammer, Veritas, Pioneer, Shark Hunt, Dogfish, and Purple Flex, and numerous missions providing to carrier battle group, standing naval force Mediterranean, standing naval force Atlantic and amphibious ready group direct support missions.

The new Officer in Charge of the Tactical Support Center is now tasked with continuing to provide support to Operation Enduring Freedom and the myriad other mission support services for which TSC is responsible. Cmdr Neely and wife, Lynda, will be leaving Sigonella for Rhode Island where he will attend Naval War College.

A native of La Verne, Calif., Lt Cmdr. Deal received his commission from the United States Naval Academy in May 1989 where he earned a Bachelor of Science degree in Marine Engineering. He was designated as a Naval Flight Officer in September 1990.

Deal has completed tours with Patrol Squadron Six (VP-6) stationed in Barbers Point, Hawaii, Patrol Squadron Nine (VP-9), NATO Airborne Early Warning Force, E-3A Component in Geilenkirchen, Germany.

While stationed in Germany, he received his masters degree in international relations from Troy State University, European Region in December 1999. Lt. Cmdr. Deal then reported to USS Johns F. Kennedy (CV 67), and most recently Patrol Squadron Twenty-six (VP-26)



From left Rear Adm. Michael Holmes, Cmdr. David Neely, Lt. Cmdr. Gary Deal and Capt. Thom Dansak stand for the parading of the colors at the TSC change of command. Deal relieved Neely as the new OIC of TSC.

stationed in Brunswick, Maine, during which time he deployed to Sigonella, Puerto Rico and Keflavik, Iceland. Lt. Cmdr. Deal is married to Leslie and they have two children, Ryan and Casey.

### Open for business



Photo by JOSH Steve Weaver



Photo by JOSH Steve Weaver

**TOP:** Gary Shirley, District of Europe for the Navy Exchange, Debbie Fowler, video store supervisor, La Rosa Salvatore, Head Manager of Bee bar, Bob Brown, General Manager of the Navy Exchange, Rosario Scarso, Bee Bar employee, and Capt. T. L. Davison, Commanding Officer of NASSIG, all have a hand in cutting the ribbon to the new Bee Bar and video store in the Mineo housing area on Feb. 13. **LEFT:** Mineo residents receive balloons at the grand opening of the new Bee Bar in Mineo.

### Navy College Tuition Assistance

By JO2 Jay Price  
Signature staff

As most people know the Navy College offers Tuition Assistance for servicemembers and their dependents. The Tuition Assistance covers 100 percent of the charges but only for 12 college credits per year.

So what happens after you take the four classes and you no longer have Tuition Assistance to back you up?

There are three things that Navy Campus advises people to do when TA is tapped out. By completing the online application with FAFSA (Free Application for Federal Student Aid) students can determine what federal grants and loans are available.

The applications are reviewed for the Expected Family Contribution, year in school, enrollment status and the costs of attendance. By visiting the web site, students can see that it could be worth their time. Visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to find if you are eligible.

Also, servicemembers can use their GI Bill while on active duty. The GI Bill will subsidize the costs of tuition but the benefits as a Veteran are greater than while on active duty. "Quite a few are using the GI Bill," says Navy College Director Jeffrey Fisherman, "when people ran out of TA they'd pay for the next set of classes at full price or avoid college until the next year. But the majority of people are using the GI Bill."

Schools often offer scholarships; all you have to do is inquire with your school to see which scholarships are available.

Lastly, to fill those last few credits you need to fulfill your degree, try the College-Level Examination Program (CLEP) where you can save time and money. Through the CLEP, you can get college credit for what you already know and they are free to active duty military. Navy Campus can even direct you with refresher guides for CLEP exams.

Exams are offered every other Tuesday at Navy College. Call 624-2511 to get more details or to sign up for the next exam.







# Direct Line

Capt. Tim Davison  
NASSIG  
Commanding Officer

E pluribus unum. Out of many, one. “*E Pluribus Unum*” was the motto proposed for the first Great Seal of the United States by John Adams, Benjamin Franklin, and Thomas Jefferson in 1776. Over the years, “*E Pluribus Unum*” has also served as a reminder of America’s bold attempt to make one unified nation of people from many different backgrounds and beliefs. The challenge of seeking unity while respecting diversity has played a critical role in shaping our history, our literature, and our national character.

As our nation continues to form and develop (by the way, we are still a considered a baby nation compared to Italy and Greece,) we strive daily to make the best resources available to our Sailors and their families.

Quality of Service wraps up the CNO’s Top Five Priorities series we have been discussing the past month. Quality of Service helps bring everything together into a cohesive group of talented men and women that comprise the U.S. Navy.

Adm. Clark once said, “Quality of Service is a balanced combination of Quality of Life and Quality of Work. Although we are seeing great improvements in Quality of Life, this has not been the case for quality of work. Quality of Work includes everything that makes your workplace a great place to be — from getting the spare parts you need in a timely manner to working spaces that are up to current standards. Quality of Service includes having a work environment that contributes to personal and professional growth.”

He went on to say, “Sometimes we forget what our main focus should be. Remember the talk about “people are number one?” People are vital, but they have never been number one — The mission is number one! The people are our most important resource. Every leader will be evaluated based upon their commitment first to the mission and second to growing and developing our people. This is the challenge of all leadership and requires emphasis from the most junior to the highest office in our Navy. Command, competence, judgment, responsibility and accountability are critical qualities of successful leadership.

“Some people think that “meeting their needs” is only about money. Such people think about retention in terms other than personal satisfaction. People do the things they do because it’s fulfilling to them - and because they know that they can make a difference. Our young people today are no different - they want a chance to show what they can do. The answer to our manpower and retention challenges is to create an environment where our people prosper — where they are professionally and personally satisfied, and gratified — where they are making a difference — and their command knows it, their superiors know it, and they know it!”

I know it. You DO make the difference to this command. As your Commanding Officer, I want everyone to know that they do have a purpose and that we can’t do it without them. We need everyone’s help to make this a better and more productive air station for the future Sailors who will be stationed here in the future.

Remember, out of many...one.

## The Pulse

### Preventing Heart Disease

By Dr. Eric Mitchell,  
Chief of Internal Medicine,  
US Naval Hospital, Sigonella

Heart disease affects the quality of life of millions of Americans and it is the leading cause of death in the Western World. The development of most heart disease is related to the way we live. Changing to a healthier lifestyle will help to prevent both new and repeat heart problems. A family history of heart disease is an important risk factor. If members of your family have had heart disease, it is especially important for you to try to reduce other risks.

**Take control of medical conditions that increase your risk of heart disease.** Artery disease, diabetes, high blood pressure, and high cholesterol are major risk factors for heart disease. The same measures that help prevent or control these conditions will also reduce your risk for heart disease.

Get regular exercise—These days many people get very little exercise. Regular exercise

has many benefits which include: improved circulation, improved blood pressure and cholesterol, keeping muscles in shape, prevents obesity by using calories, and it improves your mood. All of these benefits are good for your heart. Regular mild exercise is much better than occasional strenuous exercise.

**Stop Smoking**—Smoking is a major risk for heart disease. It causes narrowing of the arteries. If you are a smoker, your blood is more likely to form clots in the arteries of the heart. Smoking also damages the lungs, which in turn may lead to heart damage. Research has shown that smokers who quit can reduce their risk for heart disease.

**Maintain a healthy weight**—Extra weight increases blood pressure, causes strain on the heart, and increases the risk for heart disease. It also increases the risk for type 2 diabetes, which is also a risk factor for heart disease. Talk to your doctor about weight control if you are overweight. Weight loss should be slow and steady. Aim to lose no more than 2 lbs (1 kg) per week.

**Eat a healthy diet**—A balanced diet provides all the nutrients that your body needs. Extreme dieting is not healthy. Cutting out fat is the easiest way to take in fewer calories and still have a balanced diet. For its weight, fat contains more than twice the calories of other foods. A diet that is high in cholesterol and fat, especially animal (saturated) fat, increases blood cholesterol and contributes to artery disease. Artery disease is the main cause of heart attacks. Try to reduce stress

Stress and how you handle it is a risk factor for heart disease because it can increase blood pressure and blood cholesterol. Relaxation techniques can be helpful in reducing stress. You may be able to avoid getting into stressful situations. Learn to take time out. Hobbies can be helpful.

Take small steps toward a healthy lifestyle. If you decide you need to make changes in your lifestyle, you probably will not be able to turn your life around all at once. It is better to change things in small, permanent steps than try to do too much and fail.

## President Visits Mayport Sailors

By Kathleen T. Rhem, American Forces Press Service

MAYPORT, Fla. (NNS) — President Bush rallied America’s military members Feb. 13, telling them “great tasks lie ahead” during a visit to Naval Station Mayport, near Jacksonville, Fla.

“In this challenging period for our country, great tasks lie ahead for the Navy and for our entire military,” Bush told cheering Mayport Sailors and family members. “And I know we can depend on you, because this United States military is second to none.”

Many of the station’s Sailors and pilots served several months of 2002 in the Arabian Sea supporting Operation Enduring Freedom, and others were part of the USS Enterprise Carrier (CVN 65) Battle Group when they were “among the first ships in the Afghan theater,” Bush noted.

The president carried goodwill wishes to the troops from the American public, saying Americans admire and pray for service members and their families. “Our people in uniform and families deserve our gratitude,” he added. “And you deserve our support.”

He said 2003’s “largest increase in defense spending in a generation” and another proposed increase in 2004 will bring the military improved housing, pay and training.

“With the support of this Congress, I will make sure that our military has every resource, every weapon, everything you need to defend America and to keep the peace,” Bush said.

He told the Sailors they and their peers are being called on to defeat a new kind of enemy. “This enemy reaches across oceans. It targets the innocent. There are no rules of war for these cold-blooded killers. They seek biological and chemical and nuclear weapons to commit murder on a massive scale,” the president said.

“This enemy will not be restrained by mercy or by conscience, (but) this enemy will be stopped,” he added, to thunderous applause. “And it’ll be stopped by the might and will of the United States and our friends and our allies.”

By Chaplain Thom Dansak

Command Chaplain

When I was a lad in the 50’s and 60’s, George Washington’s Birthday was celebrated on February 22. In 1971, Congress shifted some holidays to the Friday or Monday closest to the traditional dates. Washington’s Birthday was one such holiday and was moved to the third Monday of February. Since Abraham Lincoln’s Birthday was also in February (February 12), Washington’s birthday was “enlarged” to honor Lincoln as well. Hence: “Presidents’ Day.”

These two great presidents, Washington and Lincoln, are rightfully remembered by America. Washington focused on bringing this nation into existence; Lincoln focused on keeping it united and healing the division that was created by the Civil War. The United States was not some fantasy. For them it was a living entity—a collection of PEOPLE who were endowed by their Creator with certain rights: life, liberty and the pursuit of happiness. It was a nation created by the sweat and blood of people, created for the benefit of the people. It was created not by chance, but by design. It was not one ethnic group, it was not one religious group, but it was a multi-faceted unit glued together by a respect for individual freedom and opportunity. In our darkest hours, the hope of “liberty and justice for all” still ech-

## Message from Acting Secretary of the Navy Honorable Hanford T. Johnson

WASHINGTON (NNS) — The following is a message from the new Acting Secretary of the Navy Hansford T. Johnson to Department of the Navy uniformed and civilian personnel:

Greetings. On Feb. 7, 2003, President George W. Bush named me acting Secretary of the Navy. Our Navy and Marine Corps team has a remarkable history of service and dedication to our nation, and I am honored and proud to serve as your secretary.

The President of the United States and the Secretary of Defense have noted this is a time of great consequence for our country. Fortunately, our department has been blessed with the great leadership of Secretary of the Navy Gordon R. England and Under Secretary Susan M. Livingstone during these historic times. We salute these two great Americans for their service and vision as they leave the Department of the Navy and look forward to meeting the challenges still facing our Navy-Marine Corps team.

Chief of Naval Operations Adm. Vern Clark, Commandant of the Marine Corps Gen. Michael Hagee and I pledge to keep the Navy and Marine Corps at the forward edge of our military’s transformation and focused on our combat capability. We will focus on our preparations to carry out our mission and equipping our men and women in uniform with the tools they need to fight and win.

To each of you who dedicate your lives to protect and serve our nation, I pledge my greatest efforts to improve your quality of workplace as well as your quality of life. The leadership team will work to ensure you are prepared and equipped to accomplish your mission. We are positive these investments, as they have for 227 years, will pay great dividends for America.

Together, we will meet every challenge. It is my honor to serve you. Semper fidelis and sail proud!

The gravest danger America and the world face today is the threat from “out-law regimes” that seek or possess weapons of mass destruction, Bush said.

“We saw what terrorists could do with four airplanes,” he said, adding that the United States will not wait to see what they can do with weapons of mass destruction.

“We have an obligation to protect America and the Americans,” Bush said. “We understand our responsibility, and jointly, ... we’ll protect America and its friends and allies from these thugs.”

The president also had a specific message for the military family members present and around the world. “Family members serve and sacrifice for our nation. Each one of you knows that Navy life is rewarding. But it can be dangerous; it can be difficult,” Bush said.

“Every day, our military families are putting America’s interests first, and America thanks you.”



President Bush receives a warm welcome from Sailors and their families, during a visit to Mayport, Fla. Bush thanked them for their sacrifices and the continuing effort with the global war on terror.

## Thoughts On ‘President’s Day’



oed through the land as we recognized that it was not yet enjoyed by all and even taken away from some by force.

Confronted by the challenging world events taking place, we may wonder where our national leadership will ask us to go. It may be that times are as uncertain for us as they were for Washington and Lincoln in their moments of history. Yet, deep within each of us, I believe, there can be found the same hope they had for America.

Like them, our hearts hope and pray that our brother and sister citizens can enjoy living in a land free from terror, full of opportunities, a place where each person can pursue his/her hopes and dreams. I wonder how surprised Washington and Lincoln would be if they could gaze out over 260 million people from various ethnic, religious and racial backgrounds who now fill our cities—people who go to bingo, skateboard, worship in churches, synagogues and mosques, people who enjoy picnics in the park and parades, people who work in factories, on assembly lines and on farms. Surely, they would appreciate this wonderful collection of people. Surely they would see that the dream of “liberty and justice for all” may not yet be perfectly realized, but it is alive in the land they loved. And to you and I who serve in or support America’s military forces? I think our former Commanders in Chief would say “ ‘Thank You and Well Done’ for all you do to protect and defend that great aspiration that has been the heart and soul of America.”

### NAS Sigonella Worship Opportunities


**Catholic Mass**  
Saturday 5 p.m. Chapel (NAS II)  
Sunday 9 a.m. Chapel (NAS I)  
Sunday 9 a.m. in Italian 41<sup>st</sup> Stormo Chapel (NAS II)  
Sunday 11 a.m. Community Center (Mineo)

**Protestant Worship**  
Sunday 9 a.m. Community Center (Mineo)  
Sunday 11 a.m. Chapel (NAS I)  
Sunday 6 p.m. Chapel (NAS I)

**Latter Day Saints**  
Sunday 1 p.m. Chapel (NAS I)

**Church of Christ**  
Sunday 3:30 p.m. Chapel (NAS I)

**Weekdays**  
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)  
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel)  
For more details, call 624-4295 or 624-2947.



**SECURITY BLOTTER**

**CRIME STOPPER'S HOTLINE**  
624-6389  
Feb. 10 - Feb. 17

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 15
- Traffic accident with injuries - 2
- Car break-ins - 14
- DUI - 1
- DUI's 2003 - 9
- DUI's 2002 - 35

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<b>Public Affairs Officer</b> Lt. Steve Curry	<b>Ast. Public Affairs Officer</b> JO1 Craig Coleman	<b>Staff Writer</b> AN Michelle Watkins
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# NAVY NEWS

## Truckzilla! Seabees Get a New Sport-Utility Vehicle in the MTVR

By JOCDaniel Charles Ross, SEABEE Magazine



photo by PHAN Lamine J. Hinton

**CM1 David Tucker from Bloomington, Ill. drives through Orote Point rock quarry to demonstrate how the new "Truckzilla" Medium Tactical Vehicle Replacement (MTVR) cargo/personnel transport can handle the rough terrain.**

PORT HUENEME, Calif. (NNS) — Where does a 27,800-pound truck park? Pretty much anywhere it wants to.

It may be a slight variation on an old joke, but how much truer can it be? The Medium Tactical Vehicle Replacement (MTVR) is currently being rolled out to Seabee training centers and schoolhouses, pre-positioned equipment stores and ships, and before long, the entire Seabee enterprise. Its specs read like an exotic sports car, but this is an extraordinary truck that redefines the term "all terrain."

With anti-lock brakes and traction control, 425 turbocharged horsepower, a seven-speed automatic gearbox ducting power to six drive wheels and an off-road payload in excess of seven tons, the MTVR certainly is "Truckzilla."

There will be several variants of the basic MTVR platform for use with different taskings, but they won't arrive on the job site all at the same time.

The Marine Corps will mostly concentrate on the short-bed model, while most Seabee variants will instead be based on the long-bed MK28 Cargo Truck for general-purpose cargo and hauling. Later, the stable will grow with the addition of a MK30 Dump Truck and the MK36 Wrecker. A 5th-wheel tractor, for pulling trailers and other heavy equipment, is in development somewhere over the horizon.

The MK28 is a vehicle of giant proportions, designed to handle the biggest jobs in the Seabee inventory. The 184.5-inch wheelbase alone is nearly identical to the overall length of a Humvee. At a generous 314.9 inches for even the short bed, the three-seat MTVR's overall length is 116 inches longer and more than eight times heavier than some commercially-sold sport utility vehicles.

Equipment Operator 1st Class Michael Weaver is an MTVR instructor at Special Construction Battalion Training (SCBT) in Port Hueneme. He has been living and working with the MTVR for about

20 months and probably has more stick time in the big truck right now than any other Seabee on the planet.

"My first impression was 'awesome truck,'" Weaver admitted. "It's easy to drive, real quiet and not as harsh a ride with independent suspension. You sit tall in the saddle, too, high up off the ground, so you can see well in all directions. The bed itself is about four-and-a-half feet off the ground."

Creature comfort figures prominently among the MTVR's upgrades. Improved ride quality is due in large part to the four-corner independent suspension with unequal-length upper and lower control arms, shocks, coil springs, and fore and aft stabilizer bars. The driver's seat has its own suspension to provide additional filtration of moguls and road imperfections, and the cab seals well from the elements.

The one-week MTVR training course has already been running about 18 months, putting about 65 students through the SCBT curriculum. It includes two days of classroom familiarization on performance and capabilities, and hands-on training with the "collateral gear," such as jacks, dealing with the bows and tarp over the cargo area, the winch and so on.

In addition, it covers all the work tasks the extraordinary vehicle can accomplish. The highlights for students are the check rides, both on and off the pavement.

"We go out and actually do road tests on and off road," Weaver said, "including in the sand and the water. The truck has the capability to be airlifted, so we teach students how to break it down to 98 inches in height during aircraft embark practice."

In order to trim nearly three-and-a-half feet off the behemoth, the exhaust stack and air intake come off; the top of the doors are removed; the entire aft portion of the cab folds up into the roof, which then folds forward over windshield - and the entire package then folds down onto the hood.

"The breakdown can be done in about 30 minutes at an average pace," Weaver said. "If you wanted to really race, you could probably do it in about 20 minutes."

A new way to get Seabees trained in the vehicle is coming online soon with a high-tech driving simulator, providing enough realism to shorten the classroom learning process. Weaver approves of the computerized system. "The simulator experience, the different scenarios, are all very realistic," he said.

The MTVR will realistically do just about any task you throw at it. A 729 cubic inch Caterpillar turbodiesel 6-cylinder powerplant generates 425 hp at only 1,800 rpm, plus stump-pulling torque of 1,550 pound-feet at just 1,200 rpm.

The torque is useful when you are hauling up to 7.1 tons of payload off-road - and a staggering 15 tons on-road. The truck will climb a 60 percent slope without breathing hard and traverse a 30 percent side slope at 15 mph. It can keep up 5 mph on a 40 percent slope. Watch for it on a job site near you.

For related news, visit the Commander, 1st Naval Construction Division Navy NewsStand page at [www.news.navy.mil/local/1ncd](http://www.news.navy.mil/local/1ncd).

## Training Revolution Advances with Naval Service Training Command

By Darlene Goodwin, Naval Education and Training Command public affairs

PENSACOLA, Fla. (NNS) — The Navy's Revolution in Training is taking another step forward in the move to produce a more highly-trained naval force.

As part of the revolution, the Naval Service Training Command (NSTC) is being established to align enlisted and officer initial training programs under a single command structure.

Under the provisional stand-up Feb. 7, Commander, Naval Training Center (NTC) Great Lakes became Commander, Naval Service Training Command. It will oversee the critical mission of turning volunteers into naval service professionals. The headquarters will remain at Naval Station Great Lakes, in the Chicago area.

NTC Great Lakes has historically managed basic training for enlisted Sailors, including recruit training, or boot camp, while staff members at the Naval Education and Training Command headquarters in Pensacola, Fla., have been responsible for officer accessions programs, such as the Naval Reserve Officer Training Corps and Officer Candidate School.

According to Chief of Naval Education and Training Vice Adm. Alfred G. Harms Jr., this change is intended to make initial Navy training more effective and efficient by giving a single commander responsibility for curriculum development.

The change will also enable the sharing of practices and allow for the consistent application of training policy across all programs.

"In the past, there was a greater distinction between officer and enlisted training," said Harms. "Today, it is critical that all of our Sailors, both officer and enlisted, are highly educated and afforded the opportunity to develop professionally and personally. In fact, many enlisted Sailors become naval officers at some point in their careers. It makes sense to have all of our entry-level training experts working together in the same organization."

Under the new structure, the following initial training programs will report to NSTC: Recruit Training Command, Great Lakes, Ill.

Transient Personnel Unit, Great Lakes, Ill. Naval Reserve Officer Training Corps programs at colleges and universities throughout the country Naval Junior Reserve Officer Training Corps programs at high schools throughout the country, U. S. Territories, and at Department of Defense Dependent Schools overseas Officer Indoctrination School, Newport, R.I. Navy Chaplain School, Newport, R.I. Broadened Opportunity for Officer Selection and Training (BOOST) program, Newport, R.I. Naval Science Institute, Newport, R.I. Seaman-to-Admiral 21 program

Officer Training Command (OTC)-Pensacola, a new command that will also report to NSTC, provisionally stood up Feb. 10.

OTC-Pensacola will assume responsibility for officer accession programs currently assigned to the Naval Aviation Schools Command, Pensacola. The programs that will be realigned under this new command are Navy Officer Candidate School; Limited Duty Officer and Chief Warrant Officer School; and Direct Commission Officer School.

Provisional stand up means NSTC and OTC-Pensacola assume responsibility for the operations, functions, and roles identified, however, the final construct and manning are not complete. The organizations will be transitioned to permanent status when all mandatory administrative and legal requirements are met, and the final organizational construct is determined.

"Changing the way we do business can be challenging," said Harms. "And we're dealing with some of that as we proceed through this Training Revolution. This is a change that's very good for our Navy and for all Sailors, officer and enlisted. NSTC unites two great teams that will now function more effectively and efficiently, thereby creating a win-win situation for the Navy and its Sailors."

For more information about Navy training, visit the CNET Website at [www.cnet.navy.mil](http://www.cnet.navy.mil).

For related news, visit the Chief of Naval Education and Training Navy NewsStand page at [www.news.navy.mil/local/cnet](http://www.news.navy.mil/local/cnet).

## Recap CORNER

### The Supply Department Fuel Division

The Supply Department Fuel Division will soon be moving into a new operations building. The building will contain offices and locker rooms for the staff as well as a new laboratory.

The building is located on the east side of NAS II across from the LOX plant adjacent to the flight line. This is the first portion of the new fuel farm to be accepted from the contractor.

Next summer a new bulk storage facility will be completed in the annexed land north of the runway.

The new fuel farm will contain two large bulk storage tanks, refueler truck parking, and new pumps and filters for flight line refueling operations. The existing MOGAS station will

also be replaced with a new station located on the south frontage road next to the existing DRMO facility.

Upon acceptance of the new fuel farm the existing fuel farm will be demolished to make way for new Public Works facilities, Transportation Compound, and a new Seabee Compound.

How SIG 2.3 Affects You ... The community park between Stephen Decatur School and the food court is now open for play. We will hold a short opening ceremony at 4 p.m. Friday, March 14, as part of the Shake Your Shamrock festival.

If you have any questions about the SIG 2.3 construction, contact Lt Darren Hale at [haled@nassig.sicily.navy.mil](mailto:haled@nassig.sicily.navy.mil)

## U.S. Navy Sponsors NASCAR Craftsman Truck For Second Year

From Center for Career Development Public Affairs



photo by PHAN Janice Kreischer

**Aboard USS George Washington (CVN 73) Jon Wood, professional driver of the Wood Brothers, Roush Racing F-150 racing truck, drives through the ship's hangar bay in a "souped-up" support equipment tractor rebuilt by the Aircraft Intermediate Maintenance Division Four (IM4) Sailors.**

MILLINGTON, Tenn. (NNS) — The U.S. Navy has once again teamed up with NASCAR's Roush Racing to sponsor 21-year-old professional driver Jon Wood for three races in the 2003 NASCAR Craftsman Truck Series.

The Navy's sponsorship with Roush is part of an ongoing recruiting and retention effort, "Navy Accelerate Your Life." Wood and the No. 50 Navy Racing Ford F-150 begin the 2003 NASCAR Craftsman Truck Series season Feb. 14 at the Florida Dodge Dealers 250 at Daytona International Speedway in Daytona Beach, Fla.

Besides having teamwork in common, the sport of racing, like the Navy, is also extremely family-oriented. More than 75 million NASCAR fans, along with their families, turn out to enjoy a day at the races.

"Jon Wood is part of a proud Wood family of racers, just as the Navy is a family-oriented service and proud of it," said Navy spokesman, Lt. j.g. Bill Danzi.

Danzi said the Navy plans to use the team and race truck as a motivational tool to retain Sailors and their families and attract young people to join the Navy.

"The No. 50 Navy Racing Ford will also generate public awareness and pride for Sailors, Reservists, veterans and civilians worldwide," added Danzi.

Last year, Sailors around the fleet made the Craftsman Truck Series races one of the most watched events on the Armed Forces Radio and Television Service Networks. The entire racing season aired on ESPN, which was fed to deployed ships worldwide via Direct-To-Sailor television.

In 2002, Wood and the Navy Racing team competed in all 22 races around the country, which resulted in 10 top-10 finishes. They finished the season 12th in the overall point standings.

Wood capped off his year in December by visiting the Sailors deployed aboard USS George Washington (CVN 73). He stayed aboard with the crew as they returned to Norfolk, Va., for their homecoming after a six-month deployment.

To find out more information about the Navy Racing Team or to schedule a reenlistment ceremony or recruiting event at a race track near you, contact 1-866-U-ASK-NPC or visit [www.staynavy.navy.mil](http://www.staynavy.navy.mil).

For related news, visit the Center for Career Development Navy NewsStand page at [www.news.navy.mil/local/ccd](http://www.news.navy.mil/local/ccd).

## News Briefs

### DEFY Meeting

DEFY will be having its monthly meeting Feb. 22. The meeting will be located at the Community Building from 10 a.m. to 4 p.m. Lunch and DEFY activities will be provided. Contact UTC Bender at 624-6880/4844.

### Career Options and Navy Skills

The Career Options and Navy Skills Evaluation Program (CONSEP) Workshop will be held Feb. 24 to 27, 8 a.m. to 4 p.m. in Barracks Conference Room 545B. It can help with unanswered questions. It a program that targets E-3 through E-6, with six to 12 years of military experience, that helps you make life and career decisions. If you are interested in this class, please contact Ms. Parke at 624-4291.

### NMCR Casework Training

Do you want to become a Certified Society Caseworker? Are you interested in helping the community while working in a professional environment? NMCRS Case workers and budget counselors work hard to assist military families plan for the future, manage expenses, and handle unexpected emergencies. If you want to become a caseworker, sign up by calling 624-4212. Training will begin Feb. 24, in the Community building from 9 a.m. to 2 p.m.

### March Exams

Put on your thinking caps and studding skills. Don't be unprepared for the March advancement exams. The exams will be on the following days:

E-6 March 6

E-5 March 13

E-4 March 20

All exams will be at the NAS II Gym at 6:45 a.m.

### Take a chance, win a Harley

The Frito Lay Company, in conjunction with Defense Commissary Agency, Europe, is sponsoring a Single Soldier Salute during the month of February by offering customers in Europe a chance to win one of five Harley-Davidson motorcycles.

While the giveaway cannot be limited to just single soldiers, the Frito Lay folks are hoping to attract single soldiers into the commissary in their effort to win one of the 883 Sportsters now on display in commissaries at Hanau, Ramstein, Vogelweh, Würzburg and Heidelberg through Feb. 28.





By Alberto Lunetta  
Signature Staff

# Italian News

Sicilian culture and lifestyle

## Sicilian Carnival pastries

As Sicilian ethnographer, Giuseppe Pitrè, an expert in Sicilian popular traditions wrote, the *cannolo* or *u cannolu*, is the “crown of the carnival lunch.” If you are thinking about indulging in some typical Sicilian treats, Carnival is the best time for doing so. All Carnival cakes are available all year round but best purchased during this period because of the freshness of some ingredients.

*Cannolo*, Sicily’s best known sweet, is a fried pastry filled with creamy fillings. The most popular fillings are ricotta cheese, yellow and chocolate cream. This fragrant and crunchy wafer has been popular even among the ancient Romans. According to tradition, Roman orator and statesman Cicero wrote *cannolo* is “a very sweet pastry tube made with milk and flour.” It is known that the people of ancient Palermo used to give to their friends *cannoli* by the dozens during Carnival.

But *cannoli* are not the only special sweets associated with *Carnevale* or Carnival as there is a rich array of mouthwatering desserts that are typical of this time of merrymaking and they also include *chiacchere* (gossip) also known as *nastri* (ribbons) or *bugie* (lies) and *cenci* (rags).

They are a delicious stripe-shaped, deep-fried in lard fritters and covered with powdered sugar whose origin dates back to the Roman times when they were called *frittilia*. These sweets are named lies or gossip to remember that during carnival every prank or joke is accepted.

*Pignolata* or *Pignoccata* is another carnival dessert from Messina that you must try. It is light egg dough fried and half covered in a chocolate glaze and half in a lemon glaze that is served in mounds.

## Carnival celebrations in Acireale

The fun will kick off in Acireale on Feb. 23 with dazzling parades of spectacular floats, amusements,

masquerades, music shows and dances that will animate the streets of the amazing Baroque historic center. On *Martedì Grasso* or Fat Tuesday or Mardi Gras Day, the day before Ash Wednesday, the largest and longest parades will be held.

### History of the Acireale Carnival

According to historic chronicles, the Acireale carnival was already celebrated in the 16<sup>th</sup> century. At that time, *Carnevale* was just a game during which two teams used to playfully fight throwing citrus and eggs (a tradition that is still popular in Ivrea, a town located in north-Italy) at each other.

In 1612, the Acireale general prosecutor officially forbade this game as result of continuing damages to property and injuries to people.

In 17<sup>th</sup> century Acireale, public entertainers named *Abbatazzi* were among the first Sicilian folklore characters. Under the authorization of the bishop of Acireale, they wore a mask to make fun of nobles or priests by pretending to read jokes from a big book. Besides, they used to take part in prank competitions.

After the 1693 catastrophic earthquake that destroyed Acireale, carnival celebrations were suspended for about 50 years.

At the beginning of the 18<sup>th</sup> century, the people of Acireale began again to celebrate the funniest period of the year. During this period, two new character masks were created: the *Baruni* (barons) and the *Manti* (mantles). The first ones portrayed the dressing style of the local aristocrats while the second ones were just indented to hide the identity of who was wearing them.

In 19<sup>th</sup> century, the *Cassariata*, a parade that witnessed the participation of grand decorated carriages belonging to the local aristocracy enriched the celebrations. From the carriages, the nobles used to throw colored sugar coated almonds at the crowd. A dangerous but spectacular tradition!

At the beginning of last century, Acireale’ artisans started to shape floats with papier-mâché figurines.

In 1929, the city administration created a special

committee that was tasked with the organization of the carnival. From that year, floats were built in a more sophisticated way. Today, figures of politicians, animals and other satirical, political and traditional topics are mounted on a mobile platform and driven in parades. An official contest, which awards the best floats, is held every year. Outdoor shows, exhibitions, contests, musical and dancing events, which culminate in Fat Tuesday with the Carnival King’s stake and fireworks, will also be organized.

### Floats parades schedules

Float parades will be performed on the following days: Feb 23, 27 and March 1, 2, 3 and 4. All parades will begin in the afternoon around 3 p.m. Music shows will be performed every evening after the parades.

A decorated vintage cars parade will be held in piazza Duomo on March 1 at 4 p.m.

On March 3 at 11:30 p.m., the “King of Carnival” will be burnt at the stake set up in the main square. As usual, an imposing firework show will close the festivities in a spectacular grand finale of lights.



Picture courtesy of Catania Tourist Office

**Chiacchere** (gossip) also known as **nastri** (ribbons) or **bugie** (lies) and **cenci** (rags) are typical carnival fritters that are deep-fried in lard and covered with powdered sugar. **Chiacchere** have been popular since Roman times when they were called **frittilia**. These traditional sweets are named lies or gossip to remember that during carnival every prank or joke is accepted.

The parades will start from Piazza Duomo (main square) and proceed through Corso Umberto, Piazza Indirizzo (where the public gardens are located) Corso Italia, Corso Savoia and then back toward the center. For more info and detailed schedules call Catania Provincial Tourist Office at 095-7306211.

SUNDAY		MONAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY										
<div>COMMUNITY CALENDAR</div>										21	African American History Month Knowledge Bowl Noon to 4 p.m. Jox 624-2913		22	DEFY Meeting 10 a.m. to 4 p.m. Community Building 624-6880/4844								
										February			March									
23			24	CONSEP until Feb. 27 8 a.m. to 4 p.m. Barracks Conference room 545B 624-4291		25	Resource Room Orientation 1:15 to 2 p.m. 624-4291		26		African American History Month Command Observance 1-4 p.m. Golden Anchor 624-5924			27	Acireale City and Carnevale Call ITT 624-4396		28	Application Deadline For NavHosp Sigonella Registered Nurse 624-5723/3792		1	Palazzolo Acreide Call ITT 624-4396	
2	Acireale Carnevale Call ITT 624-4396		3	Intermural Soccer 5-on-5 Call 624-2710		4	Bellini Opera Tickets on sale Call ITT 624-4396		5		Amy Jane McCabe Concert 8:30 p.m. Live Wire			6	E-6 Exam 6:45 a.m. Nas II Gym		7	No School		8	Golf Tourney 4 Person Scramble 8:30 a.m. Il Picciolo Golf Club 624-4483/5243	
9	Call ITT 624-4396		10	Navy College New Hours Mon-Thur 8:30 a.m. to 3:30 p.m. Fri 8:30 a.m. to 12:20 p.m.		11	Travel Club Meeting 4:30 to 5:30 p.m. Take 5 624-5187		12		Rainbow Play Group 10 to 11 a.m. 205 Housing			13	E-5 Exam 6:45 a.m. NAS II Gym		14	Shake Your Shamrock Festival until March 15 Noon to Midnight NAS I		15	Paintball depart NAS I 8:30 a.m. Liberty 624-5187	
16			17	St. Patricks Day		18	Alcoholics Anonymous Every Tuesday 7 p.m. Community Building room 203		19	Navy College New Hours Mon-Thur 8:30 a.m. to 3:30 p.m. Fri 8:30 a.m. to 12:20 p.m.		20			21	Bike Maintance Shop Hours Mon-Fri 10 a.m. to 5:30 p.m.		22	Catania Market Trip 9 a.m. Liberty Call 624-5187			



photo by AMichelle Watkins

Happy Valentines

A surprised Ioana Boye receives a Valentines Day gift from CE2 Garry Taylor. Taylor and other Red Cross volunteers passed out Valentine teddy bears and candy buckets. Every year Sigonellans can order this gifts for their loved ones through the Red Cross.

Engineer from front

tion is completed is in accordance with local laws and U.S. building codes as well as overseeing all construction projects.

Proactively managing a team of engineers, contract specialists, and quality assurance personnel, Ballast executed over \$240 million of construction including, 930 family housing units valued at \$196 million; a new \$20M fuel storage and distribution system for military aircraft. It also included a \$10M renovation of bachelor officers quarters with seismic and force protection upgrades and six new general warehouses. Ballast supported facilities valued at \$13 million; and a \$2.5 million Energy Savings Performance Contract. Additionally, he led a contingency engineer team in the demolition and construction of a 210,000 square foot aircraft-parking ramp in Bahrain valued at \$1.6 million.

Other achievements include coordinating a design build modification to double the production capacity for two water treatment plants, at a cost of more than \$2.5M. This corrected design deficiencies that left 404 housing residents without water for up to 12 hours per

day during the past summer. The new water treatment plant was upgraded at a second site and insured to be the proper size and completed without delaying construction.

Ballast managed quality of life upgrades to enlisted barracks including a new HVAC system. The project was completed in less than two months.

Ballast served as chairman of Technical Evaluation Board for evaluating and ranking six technical proposals to construct a \$1.5 million facility with stringent acoustic requirements. Ballast’s detailed technical analysis of each proposal eliminated three unqualified contractors and ensured selection of a contractor competent to meet the extremely unique construction and security requirements Bertolaccini said.

“Lt. Cmdr. Ballast’s superior leadership, technical expertise and foresight, were indispensable to the successful execution of one of the largest, most challenging construction programs in the Navy. His numerous accomplishments clearly demonstrate his keen engineering acumen and that he is most deserving of selection as the Federal Engineer of the Year.” Bertolaccini said.

Wine Tasting  
and  
Artists’ Studio Tour  
ITT  
624-4396

Calling all talent!

The All Officers’ Spouses Club is sponsoring a Spring Talent Showcase to benefit the Stephen Decatur Scholarship Fund. Auditions, which are open to all members of the Sigonella community over the age of 16, are scheduled for the last weekend of February and the performance is slated for Saturday April 19. We are looking for a variety of acts including but not limited to comedy acts, musicians, dancers, and singers. Individual performers as well as group acts are needed. If you are interested in participating in this unique showcase please prepare an audition piece no more than 5 to 8 minutes long. Auditions will be held on the following dates: Friday Feb. 28, from 6 to 9 p.m. in room 202 of the NAS I community building; Saturday March 1, from 10 a.m. to 1 p.m. in room 202 of the NAS I community building and from 2 to 5 p.m. in Mineo (location to be announced); and Sunday March 2, from 1to 4 p.m. in the ACC waiting room of the Hospital. If you have questions or would like to schedule a specific audition time please contact Karen Iverson at 095-307-067 or at [kandkiverson@hotmail.com](mailto:kandkiverson@hotmail.com). Walk-ins also welcome.

Birth Announcements

November 25, 2002  
Chiaki and John Beatty  
Lisa Chiaki Beatty  
20 ¼ inches, 9 pounds 2 ounces

November 30, 2002  
Kelly and Ricky Battle  
Kristen Rickel Battle  
19 inches, 6 pounds 14 ounces

January 17, 2002  
Jenica and Nathan Buschke  
Slavek  
Stella Rose Buschke Slavek  
20 inches, 8 pounds 5 ounces

January 21, 2002  
Dovelyn and Edgar Agunias  
Stefano Fridrik Agunias  
19 inches, 6 pounds 3 ounces

January 23, 2003  
Rosaria and Nicholas Wilson  
Symphany Anna Wilson  
19 inches, 7 pounds 6 ounces

January 28, 2003  
Beverly Bradshaw and Joseph  
Sage  
Christian Joseph Sage  
21 ¾ inches, 8 pounds 4 ounces

January 29, 2003  
Deanna and Robert Tiffany  
Ryan Mitchell Tiffany  
21 inches, 6 pounds 11 ounces

February 3, 2003  
Dora Juarez and Aundre  
Yarbrough  
Joaquinn Aundrez Yarbrough  
18 ½ inches, 5 pounds 4 ounces

February 10, 2003  
Delicia and Malachi Thornton  
Shela Marie Thornton  
19 ½ inches, 6 pounds 9 ounces

Trivia Answers

- 1)Poured cold water on his head.  
2)Apricots 3)Pete Rose 4) Under-  
study or gymnophobia 5) Gentlemen  
Only, Ladies Forbidden



# Word Find

## Modes of Transportation

A U T O M O B I L E S M H E T D T D A C T M S H L  
C G N I T T O R T A Q U C F L A R D Z X A G R U I  
E A H O U N S D I X W Y A O K T X A J P N N E M G  
N J R A B F O L V V Q K O D S S T I O I K U D M H  
I Y P P I E B X E W B U C U P I M U L B N E I E T  
R R I C O O S E T A K S E N I L N I H I E W L R R  
A O H N A O Y R I Z M Q G S A N A L C S A T G Y A  
M W S T E J L W O O C B A W U S I Y D L E S A P I  
B B S S H R O I T H J G T W A B C A K O I C R K L  
U O Q S W O S O N R K I S R Z L W I R K F G A T S  
S A K Z M U R E J G R C A E E V N A S T E A P P D  
R T I Y B C L S K E N P A Q Z G Q V Y R R E F W S  
A S E R O C A C E R T R Z P E L C Y C R O T O M R  
C D I A Y G I I E B B S Z R E M F C L S J T M T X  
E A C C M T N D R U A N K H V O C A N O E S N V M  
L H I G S S I I S P B C M I F T B I P L A N E W G  
B B H O N L R W P O L G K O S O S P E E D S T E R  
A Y G X G I X U A P A A P G M R Z S L E D B H P J  
C O X G Y B N T S D I O N J S B C X O S L I G A L  
P U N R E I S N W N R K F E C O K C U R T I M E S  
Y A O H L O Q J U J U P S O O A P B G R M X S Q T  
H Z T W L E I E L R F M D I O T F E B G H V V S M  
M M K B O F E F E A E A D M T S G N I G G O J H J  
B Z G K R I Y B D Z Y G A D E H K K S M C P R L B  
M A N N T K P A W H N V O U R N A M B U L A N C E

AIRBUS	HANGGLIDER	PARASAILING	SPACESHUTTLE
AIRPLANE	HORSEBACK	POGOSTICK	SPEEDSTER
AMBULANCE	HUMMER	ROWBOATS	STAGECOACH
AUTOMOBILE	INLINESKATES	RUNNING	SUBMARINE
BICYCLE	JETSKIS	SAILBOATS	SUBWAY
BIPLANE	JOGGING	SCOOTER	TANK
BOATS	LIGHTRAIL	SEMITRUCK	TAXI
BUS	MOTORBOATS	SHIP	TRAIN
CABLECAR	MOTORCOACH	SKATEBOARD	TROLLEY
CANOES	MOTORCYCLE	SKIPPING	TROTTER
CARPOOLING	PACKHORSE	SKIS	UNICYCLE
FERRY	PARAGLIDERS	SLED	WALKING

# TRIVIA

What technique did Beethoven use to stimulate his brain before composing?  
In Greek mythology, what fruit was considered the "golden apple?"  
Who was the first professional athlete to appear on the front of a Wheaties box?  
Name one English word with four consecutive letters in it. (i.e. abcd, ghij)  
What does the acronym GOLF stand for?

(Answers on page 6)

# Movie Connection

MWR's Theater Schedule

## Friday, Feb. 21



1 p.m.  
Lord of the Rings:  
Two Towers (PG-13)



5:30 p.m.  
Drumline (PG-13)



8 p.m.  
Shanghai Knights (PG-13) \*\*

## Saturday, Feb. 22



11 a.m.  
Wild Thornberrys (PG)



2 p.m.  
Maid in Manhattan (PG-13)



4:30 p.m.  
Two Weeks Notice (PG-13)



7 p.m.  
Solaris (PG-13) \*\*



9:30 p.m.  
Lord of the Rings:  
Two Towers (PG-13)

## Sunday, Feb. 23



1 p.m.  
Treasure Planet (PG)\*



3:30 p.m.  
Drumline (PG-13)



6 p.m.  
Shanghai Knights (PG-13)

## Monday, Feb. 24



5:30 p.m.  
Lord of the Rings:  
Two Towers (PG-13)



9 p.m.  
Shanghai Knights (PG-13)

## Tuesday, Feb. 25



5:30 p.m.  
Die Another Day (PG-13)



9 p.m.  
Star Trek: Nemesis (PG-13)

## Wednesday, Feb. 26



5:30 p.m.  
Drumline (PG-13)



8 p.m.  
Two Weeks Notice (PG-13)

## Thursday, Feb. 27



5:30 p.m.  
The Hot Chick (PG-13) \*



8 p.m.  
Die Another Day (PG-13) \*

## Friday, Feb. 28



5:30 p.m.  
The Recruit (PG-13)



8 p.m.  
Daredevil (PG-13) \*\*



10 p.m.  
Solaris (PG-13)

# Shout

DoDDs students talk about what's happening in the community

# Coping with Deployments

Times of deployment can be stressful and emotionally challenging for the spouse and children who remain behind. Two of the most helpful things that you can do for your child is to (1) maintain the family routine and (2) talk with him or her....a lot. Encourage your child to express their opinions, solutions, and feelings. Listen to what is said and reassure them that their feelings are normal. Good communication, structure, and consistency are keys to elevating stress and promoting a sense of stability and well-being in everyone.

Here are some other ideas that might help you and your children cope better with deployments:

Have the deploying parent tape record stories or greetings to be shared with the child periodically during the absence. The service member could put together a treasure box made up of inexpensive "just because..." gifts for the child, wrapping and including a "date-to-be-opened" card with each one.

Maintain contact between the absent parent and the child as much as possible. Keep a record of everyday events to share with the parent during phone conversations.

Have your children prepare a weekly family newsletter for the deployed parent. Outline achievements, accomplishments, and activities. Use a lot of humor! Include the activities of the family pets and family friends.

Give your children a picture of the deployed parent to carry in their ID wallet. Also post pictures on the refrigerator of that parent doing everyday things with the children such as reading, giving a bath, playing, eating a meal with the family, etc.

Limit exposure at home to media coverage. Graphic images can cause bad dreams, create confusion and may awaken other fears and anxieties. Reassure your child that there will always be someone to take care of him/her.

Schedule special activities such as gatherings with other families with a deployed parent, making cookies for the security guards, collecting magazines for the Flight Line or BOQs.

Co-author a book. Using a spiral, have the children write a paragraph or two about an imaginary character. Send the spiral to the service member and have them write another paragraph or chapter, and send it back. This can continue throughout the deployment and the end result will be a very unique story.

Help your child make a video or audiotape of family members for the deployed parent. The family could act out a play or mystery, or just tape regular daily routines. Children might read a book or an article from a magazine that they think their parent will enjoy. Younger children might sing songs and recite nursery rhymes.

Finally, make sure you take care of yourself and seek support if you need it. Your school counselors and school psychologist are here to support you and your children.

Fri., Feb. 21

Almost broke between payday? The first 13 single sailors who sign up can go with Liberty to **Catania** and let them pay for your first **Panini free**.

Sat., Feb. 22

Hike or ride **horseback** on **Mt. Etna** with AU. Don't forget to bring warm clothes.

Visit the village of **Sperlinga** with its **12<sup>th</sup> century** caves to get great shoots with Photo Safari.

Sun., Feb. 23

Explore one of the most popular **Greek temples** in Sicily, **Agrigento Valley** of the Temples. Then relax with ITT at a Sicilian **restaurant** while being entertained singing and dancing by a **Sicilian Folk Band**.

Tues., Feb. 25

Liberty is having a Tournament Tuesday **Pool Party**. This week's tournament will be **8-ball pool**. Prizes will be awarded to winners. Stop by **Take 5** at 5 p.m.

Teens don't forget there will be a **Teen Supreme** meeting from 11 to 11:30 a.m. Don't forget to bring your lunch.

Wed., Feb. 26

Stop by **Take 5** for a chance to win a prize all day long with **Mardi Gras Guess**.

Kids celebrate **International Music Day** from 3 to 4 p.m. at **Blast**. Bring your favorite music to share.

Thurs., Feb. 27

Get off base and eat some **pizza** while letting **Liberty** pay for 10 Euro of your bill. Minimum of four to go, maximum of 13.

There will be a **Photo Safari meeting** from 4:30 to 5:30 p.m. at the **Golden Anchor**. Learn photography skills and prepare for future photo trips.

Best sights of the royal town **Acireale City** and **Carnavale**. Famous for its Terme(spa), Baroque architecture and for the carnavale. Known as one of the best carnivals in Sicily, the festival features tons of **fun, floats, food, music and confetti**. Small fee attached, departs around 3 p.m. and returns at 10 p.m.

For information on community events call MWR at 624-5271.

This Week on...

Sun. Feb 23- NASCAR: Subway 400  
AFN Atlantic 6:30 PM

Mon. Feb 24- 45th Annual Grammy Awards  
AFN Atlantic 7:30 PM

Tue. Feb 25- The Rosa Parks Story  
AFN Atlantic 7:30 PM

Wed. Feb 26- Cosby Show: A Look Back  
AFN Atlantic 8:30 PM

Fri. Feb 28- Survivor VI  
AFN Atlantic 8:00 PM

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\*\*\* Future Re-release \*\*Sneak Preview \*Last Showing

(All times and movies are subject to change. For more information on the schedule, call the movie hotline at